

ELIGIBILITY

Active duty, retirees, family members, reservists and DoD civilians.

AGE GROUPS AND DIVISIONS

Men and Women;
29 and under,
30 to 37, 38 to 44, 45 to 49
and 50 & over

AWARDS

Awards will be given to the top three men and women in each age group.

T-SHIRTS

The first 100 participants to register receive a free T-shirt.

DETAILS

421-8263
Fax: 421-8384

Entries may be returned to the fitness center or gymnasium.

Same day registration
begins at 5 a.m.

Friday, March 31
11 a.m.
NSA Northwest Gym



**NSA NORTHWEST FITNESS AND SPORTS
MWR DEPARTMENT
BUILDING 65, OLYMPIC BLVD.
CHESAPEAKE, VA 23322**

FRIDAY, MARCH 31
11 A.M.
NSA NORTHWEST GYM

Name (Last, First, MI) Leave space between name

[illegible]

Age on race day

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Phone Number (include area code) _____

[illegible]

Sex

9

Command

[illegible]

Run

9

Walk

9

Email 

I know that running a road race is a potentially hazardous activity. I should not enter the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and the effects of weather. I grant permission to use any photographs, video recordings or any record of this event for legitimate purposes. I hereby give Navy Morale, Welfare and Recreation, their agents and employees the right to inspect and/or approve the photograph, audiotapes and/or videotapes for promotional, recruiting or educational purposes, without any limitation, reservation or compensation, other than the receipt of which is hereby given. This consent is given for any photographs, audiotapes and/or videotapes which have been taken, about to be taken or will be taken.

Signature: _____ Date: _____